

ABSTRACT OF THE DISCLOSURE

A processing method is disclosed that provides food or food products which include high oligosaccharide contents by using malt of one or more of wheat, barley, oats and rye as a part of materials for the food or food products.

It is possible to provide food or food products which include a high oligosaccharide like high functional oligosaccharide such as maltotriose, maltotetraose, maltopentaose and maltohexaose contents, not by adding the oligosaccharide itself but by using malt obtained by a germination step, in which step seed of one or more of wheat, barley, oats and rye as a part of materials for food or food products are soaked in water or hot water for a predetermined time.